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EC9909 Food Guide

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Nebraska

COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

1936

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
9909

FOOD GUIDE

Serve for every meal

Milk to children

Bread to all members of family

Serve once each day

Whole grain cereal (porridge, pudding)

Potatoes (twice if available)

Tomatoes for children

A green or yellow vegetable

A fruit or additional vegetable

Milk to adults

Serve twice each day

Meat or its equivalent

Serve two to four times a week

Tomatoes for adults

Dried beans, peas or peanuts

Eggs (especially for children)

Enough other foods to maintain or attain satisfactory weight

This gives opportunity for personal preferences of foods, economy,
and to use foods which are available.

Plenty of water at all times

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